

Cardiovascular System

Label Diagrams of Heart

Purpose of Cardiovascular system

Typical measures of SV, HR, CO, BP, Ejection fraction and Blood (AVOD)

What happens after long term aerobic training?

What effect can this have on sport performance?

Path of Blood O₂ and Blood in the body

Outline

Effects of Anaerobic Training and Aerobic Training on Exercise Performance and Long Term Health

Nov 5-11:57 AM

Nov 13-12:03 PM